Recipe for Health

June

Featured Ingredient: Belgian Endive

Belgian endive looks like pale, small, cone shaped romaine lettuce heads. It is grown from the roots of chicory and holds a crisp, tender, and delicate flavor. Be adventurous and try this veggie in June’s Recipe for Health: “Grilled Belgian Endive Salad.”

Ingredients:
- 2 Heads Belgian endive
- 2 Tablespoons olive oil
- Kosher salt
- Cracked black pepper
- 2 Tablespoons walnut pieces
- 1 ¼ ounces goat cheese
- Orange zest from ¼ orange
- 2 teaspoons honey

Directions:
Click here!

If the pop in the fridge is low or empty, please replace the box! Extra pop is located in the cabinet under the microwave! Thank you!

Smart Phone Apps for Gardeners!
You might have to add your smart phone to the list of your best gardening tools this summer!
There are many apps to help you maintain a healthy garden and MSU Extension has written a very informative article that highlights some of the best ones created by universities across the country! Diagnose problems with your trees and plants, identify those pesky weeds and learn the best ways to combat them, or build your own rain garden! Be sure to take a look!